

Preventing COVID, Flu, and RSV at School

Wear a mask



People may choose to mask at any time. People with symptoms, a positive test, or exposure to someone with COVID-19, respiratory syncytial virus (RSV) or flu should wear a mask. Masks help prevent droplets from entering the mouths or noses of people who are nearby.

Wash your hands

Wash your hands often, especially after being around someone who has cold symptoms. This can prevent you from getting sick.



Clean surfaces

On hard surfaces, RSV can be eradicated by first cleaning with detergent and water and then applying a one-to-ten dilution of regular (5.25%) bleach and water (e.g., one cup of bleach to nine cups of water). Other cleaning options include the use of EPA-approved, hospital-grade cleanser.



Vaccines

It's recommended that people 6 months and older get a flu/COVID vaccine every season with rare exceptions. Vaccination is particularly important for people who are at higher risk of serious complications from influenza.



Stay home if you are feeling sick

Keep your child home if he/she:

- Has a temperature higher than 100.4°F.
- Has other flu-like symptoms, such as chills or body aches.



Shasta County
Health & Human
Services Agency